

Mancass

Gym Health and Safety Disclaimer

MEMBERSHIP

- Membership of Mancass entitles the member to use the clubs gym facilities as well as all the other activities and events the club organises.
- Access to the gym will be by a PIN code. It should not be passed onto anyone else as the gym equipment is for the sole use of Mancass members
- On entering the gym all users should sign in and sign this disclaimer for using an unsupervised gym and follow the Health & Safety guidelines below
- Members are solely responsible for their own belongings whilst visiting the Gym. Mancass accepts no responsibility for any loss or damage to personal property.
- By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.

HEALTH & SAFETY

- The gym is located within a BT building so you should familiarise yourself with the escape routes from the gym in the event of a fire alarm and the congregation points outside the building.
- If you are unsure as to how to use any piece of equipment you must seek advice before use of such equipment.
- It is recommended for newcomers where practical to promote the buddy system by using the facility in groups of two or more so they can monitor each other's activities. Do not exercise alone, especially when it comes to potentially hazardous weight equipment.
- It is your own responsibility for correct practices when using equipment.
- Whilst Mancass ensure that the equipment is fit for purpose, it is also the member's responsibility to carry out a risk assessment before use.
- As a courtesy to other members, a small gym towel must be carried to wipe down equipment after use
- Can you ensure that you put your weights back in their original place when finished,
- Please do not misuse the weights by dropping them on the floor.
- For safety reasons, bags are not permitted onto the gym floor and the correct attire must be worn when exercising i.e. suitable comfortable exercise clothing and appropriate footwear. Clothing such as jeans, boots, flip-flops/sandals or work wear are not permitted.
- You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. If unsure contact your doctor.
- You must not behave in an aggressive, abusive, anti-social or threatening manner to any member
- Members are asked to only use the lockers for the duration of their training session
- Smoking, including e- cigarettes are strictly prohibited in all areas of the gym.

Member:

Membership Number:

Signature:

Date: